



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 - 10:30 am							Strength & Mobility Yoga
9:30 - 10:45 am		Yoga for Every Body		Yin Yoga		Yoga for Every Body	
11:00 am- noon			Gentle Yoga		Gentle Yoga	Gentle Yoga	Aerial Yoga
11:15 am - noon		SilverSneakers® Yoga			SilverSneakers® Yoga		
2:00 - 3:30 pm	Hot Stones Restorative Yoga 4/21						
5:00 - 6:15 pm	Yin Yoga with Crystal Singing Bowls (4/14)	Yoga for Every Body					
6:00 - 7:15 pm				Yin-Yasa Yoga	Candlelight Yin Yoga		
6:15 - 7:15 pm			Strength & Mobility Yoga				
6:30 - 7:30 pm			Aerial Yoga		Aerial Yoga		
6:45 - 8:00 pm		Vinyasa Flow Yoga					

Pre-registration strongly suggested.

Classes may be cancelled if no one is registered at least one hour prior to start time.



Upcoming Events

Yoga for Menopause and Perimenopause Workshop

Sunday, April 7
2:00 - 3:30 pm

No, you're not crazy and no you're not dying. Let's talk about hormones and how yoga can help. Join Suzanne for a 90-minute workshop on perimenopause and menopause. We will discuss symptoms and effects of the fluctuations of our hormones and how yoga and meditation can help.

Pre-registration required.

\$30 per person (15% off for members)

Yin Yoga with Crystal Singing Bowls

Sunday, April 14
5:00 - 6:15 pm

Indulge in a soothing experience with our Yin Yoga class, complemented by the mesmerizing sounds of crystal singing bowls. This practice is designed to target connective tissues such as the ligaments, bones, and even the joints of the body that are not normally exercised. The vibrations from the singing bowls can help release tension and restore harmony in your mind, body, and spirit, leaving you feeling relaxed and rejuvenated.

Pre-registration suggested.

\$19 or use your membership or class pass

April Full (Pink) Moon Workshop

Monday, April 22
6:30 - 8:00 pm

Native Tribes called the April Full Moon many names such as the Breaking Ice, Frog or the Pink Moon because it takes place during the part of Spring when the ice and snow is melting, bringing back an abundance of wildlife to the chilly waters, and the blooms of flowers and moss begin to appear, scattering the landscape with their pink foliage. Happening in the watery Astrological sign of Scorpio, this 90-minute session will focus on encouraging flow in our bodies, minds, and spirits to cultivate abundance and prosperity through meditation with a gentle flow and restorative poses accompanied by a sound bath.

Pre-registration suggested.

\$30 per person (15% off for members)

Aerial Yoga for Beginners:

4-week course

Mondays, April 29 - May 20
6:30 - 7:30 pm

Join Beth for a 4-week series to get acquainted with yoga in the aerial swing. IYT's unique aerial style incorporates the aerial swing into traditional-style yoga classes for a fun and challenging experience. This introduction is appropriate for all beginner students. Gain confidence, strength and flexibility! Weight limit is 400 lbs.

Pre-registration required.

\$99 per person (15% off for members)